

We've got the Power—Move your Feet, Fill the Feet

Ferber Elementary School

PROJECT SUMMARY

The problem our Educating Healthy Kids (EHK) council wanted to address was making sure that we keep the focus of healthy lifestyle choices in front of students, families, staff, and community members throughout the entire year. Our recent reflection and evaluation of our program showed that we mainly focused our goal of empowering students to make their own healthy lifestyle choices has been during January and February, which doesn't fit our philosophy of making healthy lifestyle choices all year long. We feel, as a committee, if we really want to see a change, that it must be year-long. The focus of making healthy lifestyle choices all year will impact our students, staff, and community members because of the year-long activities we will be providing. We kept our "we've got the power – move your feet, fill the feet" the same so students could remember what we did last year for promoting wellness and how we tracked it.

During our summer planning session as a committee we mapped out activities that we could participate in and run all school year to promote making healthy lifestyle choices. The activities we have planned will include all students at Ferber, staff, and families.

September

- The opening of the Ferber Walking Path for all students and it is monitored by the Path patrol (6th grade students who track miles). As of today our students have logged over 800 miles on the path.
- The staff is provided with weekly humor and monthly health tips for staff in the lounge.

October

- Promotion of our NEW Veggie & Fruit Cart. This was implemented at lunch and every class discussed how the cart works and the benefits. The students are encouraged to take extra fruit and veggies for it daily. We also encourage parents to dine with their child and enjoy the cart. We have seen an increase of students eating fruits and veggies, which is accomplishing our goal.
- EHK Kids' Council is open to 3rd – 6th grade students who want to help Ferber make healthy lifestyle choices. We had 25 students this year participate. They helped with announcements, tracking our minutes of movement for Movin' & Munchin' and new ideas for our school.

November

- Nutritional Speaker, Jannette Faul, for all students, parents, and staff session after school.
- We teamed with Festival foods to provide all students with a healthy snack after the nutritional speaker. The students enjoyed the speaker and took the knowledge with them. Their favorite quote was "if you're green – you're clean."
- The speaker and a portion of the snack were paid for by the Governor's Health Award.
- Santa Scamper is a family event in Appleton. It is a one-mile run down College Avenue before the Holiday Parade. It was open to all families and we had 150 participants.

December

- Movin' & Munchin' program, "Move your Feet, Fill the Feet," which is open to all students, families, and staff. We encourage the tracking of all minutes moved and munched during a challenging time of year. It helped remind everyone to stay active, eat in moderation, and incorporate healthy choices.

- Fitness Fanatic is a staff program encouraging healthy lifestyle choices. The staff can enter a drawing for a reserved parking spot for two weeks. This is a prized spot due to our limited parking.

January

- Continuation of Movin & Munchin Program and Fitness Fanatic
- Rich Wieber came and presented his bicycle stunt show. This show was for students and staff. It encouraged safety, fitness, determination, and making good life choices. The students loved the presentation!
- Champions Martial Arts was offered to all students with 50 students participating. It was a six-week program after school that gave students the opportunity to learn martial arts.

February

- Sock Hop is an event for all students and families. During their physical education classes, the students learn a variety of dances and then we use them during the sock hop. The students then teach their parents the dances so everyone can be involved. We had an estimated 500 people at the sock hop.
- Intramurals are for our 5th and 6th grade students after school during February and March. We have roughly 60 students attending on Tuesday or Thursday. They play a variety of team games during an hour.

March

- Fitnessgram Fitness Testing for all levels focusing on the five health-related fitness components. (Muscle strength, muscle endurance, cardiovascular endurance, flexibility, and body mass.) The students then analyzed the growth they have made from this year to last.

April

- Jermichal Finely presentation to all students, staff, and family members that can make it. We are anticipating he will be presenting information on the NFL 60 program.
- “Just Move It” is a program for staff to provide a simple but fun way to work on improving the five health-related fitness components. The staff will learn dances and then have the option to take home music to do the dances at home.
- The Walk/Jog club will start this month. They meet after school and it is for students, staff, and community members. They walk/jog for an hour after school two days a week until the end of the school year.

May

- Ferber Field Day for all students Ferber. It is a half-day of out-of-door activities that promotes being active along with encouraging teamwork. It is followed by a healthy snack.
- Sixth grade track and field meet, which involves four other elementary schools. The students practice the skills prior to participation in the meet.
- Juvenile Diabetes Awareness Walk Week, which will be for all students, staff, and community members.

Budget

Janette Faul – Nutritional Speaker dollars	782.50	250.00 – EHK Grant
Health Snack for all Students dollars	234.82	767.32 –Health award
Total 1017.32		

REFLECTION AND PLANS TO CONTINUE

The activities we have completed have been well received by the students, staff, and community members. The one feeling that has been conveyed each month is that the teachers feel it is being smoothly incorporated into their days and not taking time away from their academic instruction. The staff knows the importance of students making healthy lifestyle choices and the impact on academics, but is very hesitant on too many programs. Our monthly plan has been successful for the committee by making sure that we are meeting our goal of providing an activity each month. It also helped us see what GREAT things we are doing for students, staff and the community. The students are now wondering what will be next!

We will be evaluating our plan this summer at the institute and evaluate if we met our goal. One specific area of reflection will be if we go back to having our Ferber Fitness Fair.

CONTACTS

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